

Lesson Tips



Arrival Time: It is important for participants to be on deck and ready to go five minutes before their class starts. Participants should use the restroom before class begins. The instructor will inform parents and participants know where to meet each day and that participants will need to wait on the deck, not in the water, until the instructor has arrived.

Swimming Attire and Protection: We recommend that participants and their parents apply sunscreen prior to beginning each lesson at an outdoor pool. Allow ample time for absorption prior to getting in the water. For those with long hair, we recommend wearing it tied back or covered by a bathing cap during lessons. Wearing a T-shirt in the water is optional. Participants should not forget to bring a dry towel for use after the lesson.

Parental Support: Be supportive of your children's efforts in lessons. Learning to swim can be challenging! Remember that fear is learned. If you are hesitant or fearful for your child in the water, your child will generally acquire a fearful attitude. Your child's progress and enjoyment can be enhanced when you and your child are enthusiastic about swimming.

Positive Reinforcement Techniques Used During Lessons: Any disciplinary problems should be addressed by the swim instructor. Positive reinforcement to encourage appropriate class behavior will include removing the child from the swim lesson (i.e., "time out" for a brief period) and may include addressing the problem with the parent and/or pool manager.

First Day of Class: The first day of class is utilized for participant skill evaluation and class assignment. Participants will be asked to perform known skills and then be placed in the appropriate level class. Participants may be reassigned to another class if necessary. Please note that class levels may be combined when numbers are small.

Before and After Class: Parents are encouraged to come and talk to the instructor before or after class. If the instructor is busy with another parent, parents can leave their phone number with the lesson coordinator who will ensure that the instructor follows up with the parent.

During Class: Any concerns a parent has about their child's class that require immediate attention can be directed to the lesson coordinator. The lesson coordinator is on deck to assist the instructors in managing their classes, and is accessible in the event questions should arise during the lesson.

Last Day of Class: Please complete a participant/parent evaluation form on the last day of class. These forms will be made available to you at the last lesson. Management reviews the evaluations and uses them to make program adjustments to better meet the needs and those of your child. When possible, we take corrective action immediately. Feedback is shared with the instructor to maintain or improve their skills. Participants in most lessons will also receive a certificate stating how they performed in their lesson and making suggestions for further improvement.